



Have you ever been on a wheat farm? If you live in Montana, there's a good chance you have since there are thousands of wheat farms in the state. Montana farmers are known throughout the world for the high quality wheats they produce.

How do I know so much about wheat? My name is Jenny Johnson and I live on a Montana wheat farm. Besides, I like to eat bread, pasta, cereal, pretzels, tortillas and a bunch of other goodies made with wheat.

Do you want to know more about wheat too? Well, come with me and you'll discover how farmers grow wheat and how this golden crop becomes the foods we love.

MEET THE KERNEL

Here is a wheat **kernel**, or seed. It is enlarged so you can see how complicated one kernel is. Kernels are very tiny — even smaller than our little fingernails! There are about 50 kernels in a head of wheat and 15,000 to 17,000 kernels in just one pound!

The large, inner portion of the kernel is called the **endosperm**. It's the part that's ground to make white flour.

The hard, outer coating is the **bran**. This portion is made of many layers.

Finally, the tiniest part of the kernel is the **germ**. It's the part that grows into a new wheat plant if the kernel is planted in soil.

Whole-wheat flour is made when the whole kernel is ground or milled. Whole-wheat flour contains all three parts of the kernel.

